

# **FREEDOM FROM TOBACCO**

HIGHLY SUCCESSFUL COMMUNITY PROGRAM - SINCE 1992

**Quitting tobacco has never been easier.  
We have helped hundreds of people quit tobacco.  
Let us partner with you to get the job done!**

## **~Free Weekly Support Groups~** **One hour a week will change your life.**

**MONDAYS, 6 to 7 p.m.**

**St. Clare Hospital, Classroom C  
11315 Bridgeport Way SW, Lakewood, WA 98494**

**TUESDAYS, 5:30 to 6:30 p.m.**

**St. Anthony Hospital, Milgard Medical Pavilion  
11567 Canterwood Blvd. NW, Gig Harbor, WA 98332  
Jane Thompson Russell Cancer Care Center**

**THURSDAYS, 6:30 to 7:30 p.m.**

**St. Francis Hospital, Executive Dining Room  
34515 - 9<sup>th</sup> Avenue South, Federal Way, WA 98003**

**THURSDAYS, 7 to 8 p.m.**

**St. Joseph Medical Center, Dining Rooms 1 & 2  
1717 S. J Street, Tacoma, WA 98405**

Just show up! If you stick with our program, you will quit tobacco! Open to anyone wanting to quit tobacco, newly quit, struggling with relapse, or helping a friend quit. Medical advice provided by Dr. Patrick Hogan; funded by Franciscan Health System Community Cancer Program. *Please call to confirm location before attending first group.*

**(253) 223-7538 ~ HeidiHenson@fhshealth.org ~ (253) 426-6746**

† CATHOLIC HEALTH  
INITIATIVES

**Franciscan Health System**

St. Joseph Medical Center, Tacoma  
St. Francis Hospital, Federal Way · St. Clare Hospital, Lakewood  
Enumclaw Regional Hospital, Enumclaw  
St. Anthony Hospital, Gig Harbor

**To receive updated copies of this flyer  
please email your contact information  
to TriciaSinek@fhshealth.org**

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